



The Howard County Office of Children's Services, Department of Citizen Services, presents

The Nest and Training Calendar

July
August
September
2011

Nest n. 1. A shelter constructed by a bird to hold its eggs and young. 2. A warm, cozy place.

Welcome to the 50th issue of *The Nest*, the Office of Children's Services newsletter and training calendar for early care and education professionals.

In this issue:

- Playing with Blocks
- 2011 Director's Conference
- Celebrating Successes Winners



Summer Vacation: Keep it Safe, Fun, and Educational



Finally! Summer's here, and we're all looking forward to new opportunities for outdoor fun and games. Even though your child care program is still running full-time, summer just seems like a special occasion to change your routine.

Howard County has plenty to offer children, providers, and families during the summer. Consider a field trip to the **Howard County Conservancy** - their Nature Center is open from 9 - 3 weekdays, and includes turtles, snakes, frogs, and an owl, as well as nature trails, farm animals, butterfly gardens, streams, grasslands, and a picnic

area. The Conservancy has scheduled several free and low-cost programs throughout the summer, such as fishing and night sky viewing. Visit their website, www.hcconservancy.org, for details.

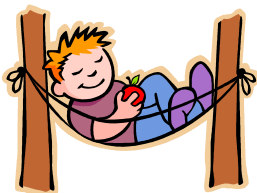
Children and adults of all ages can participate in the Howard County Library's **Summer Reading Clubs**. Participants can win prizes for reading books as individuals or as teams - this would be a great summer activity for a family child care group! The Library is also sponsoring a contest for children in grades K-12 to design bookmarks. Entries are due by July 16. For more information on both programs, visit hclibrary.org.

Recreation and Parks has many great **parks and playgrounds** located throughout the county. Check out their website, www.howardcountymd.gov/RAP, for activities and available equipment at each park. The brand-new North Laurel Community Center and Park is scheduled to open June 3 on Whiskey Bottom Road; this facility will include a swimming pool, athletic fields, basketball and tennis courts, picnic shelters, and a playground.

While you are out and about with the children this summer, have a great time, and please remember to follow these summer-related OCC regulations:

Sunscreen

- Be sure to obtain a permission slip for the use of sunscreen each year.
- Each child must have their own sunscreen, supplied by the parent and labeled with their name.
- Be sure to wash your hands between application of the sunscreen on different children. A child may have a reaction to different brands.



Swimming

- Fill & Dump pools may not be used for child care.
- Use only pools that meet standards approved by the State and Local Health Departments.
- Each child must have written permission to swim for the current summer season.
- There must be 2 approved adults present and supervising whenever children are engaged in swimming activities.
- Be compliant with COMAR 13A.15.08.04 Water Activity Supervision and COMAR 13A.15.10.04 Water Safety.

Quick Reference

Maryland Poison Center
1-800-222-1222

Howard County Office of
Children's Services
410-313-1940

The CARE Center
410-313-CARE (2273)

Office of Child Care
410-750-8771

Howard County Family
Child Care Association
301-776-4841

LOCATE: Child Care
(number for parents)
1-877-261-0060

LOCATE: Child Care
(number for providers)
1-866-752-1614

Maryland State Family
Child Care Association
301-871-6810

Howard Co Health Dept
410-313-6300

Child Care Food Program
410-256-9774

Child Protective Services
410-872-4203

Grandparents as Parents
410-313-2273

Maryland Children's
Health Program
410-313-7500

MSDE Credentialing
Help Desk
877-605-1539

Child Care Subsidy
410-872-8700

Early Intervention
410-313-7017

Safe Kids Coalition
410-313-6090



The CARE Center Corner

Do you remember the first puppet you ever saw? It may have been at school,

or on television. Were you fascinated by the silly movements, the funny face, or the story being acted out? Perhaps you had the privilege of actually putting on your own show!

Puppets have been around for centuries. Some cultures hold puppet enactments in very high regard; perhaps they understand the powerful effect that puppets can have in teaching concepts and lessons to children of all ages.

In our own culture, we immediately think about the creativity of Jim Henson, who brought the Muppets to life. Sesame Street has paraded a multitude of those funny faces across the screen to teach educational concepts, as well as important character-building skills. You don't have to hire a professional or buy expensive tickets to travel somewhere else in order to reap the benefits of puppets. Puppets made from paper, cloth, or other materials you may already have at your fingertips can come to life as soon as you add the motion with your own hands.

One of puppets' greatest possibilities is their positive impact on children's social-emotional development. Puppets can role-play problem-solving techniques for a child who continually hits to get attention. A puppet's tender touch helps to comfort a child who is sad. A puppet on the hand of a child who is afraid to talk can give courage to speak. Puppets are utilized by psychologists to help children who have been severely traumatized to open up and heal. Middle school students can more easily discuss drug issues and other hot topics with the use of puppets.

Are you interested in learning some techniques that can quickly enhance your influence with the children you teach, and provide some solutions to behavior problems you may be experiencing? Register for the **Puppets as Teachers' Assistants** class on August 16th for an evening full of fun and learning!



Professional Development Updates

CDA: Our CDA Prep Program provides 16 hours of required training and technical assistance, including developing a professional resource file and preparing for the interview. Cost is \$118. Call Joan for details.

Maryland Credential: A Maryland Credential class will be held on August 23rd; see the enclosed calendar for details.

Congratulations to Lisa McCourry for receiving NAFCC Accreditation!

**For more information, call
Joan Johnson at 410-313-1432.**

Celebrating Successes for Children

On April 28th, County Executive Ken Ulman joined the staff of the Office of Children's Services to honor the people and programs who serve Howard County children. This year, we received 106 nominations for a variety of people, including teachers, coaches, child care providers, small business owners, and community volunteers. Winners in each category were:

- Infants and Toddlers: **Victoria Herring**, a Family Child Care Provider who offers evening and weekend care only;
- Preschool: **Lisa J. Davis**, the Coordinator of Early Childhood Programs for Howard County Public Schools;
- Elementary: **Kelly Clark**, First Grade Teacher at Rockburn Elementary School;
- Middle School: **Terri Chiu**, PTA President, Burleigh Manor Middle School;
- High School: **Brandon Barrett**, Academic Transition Assistant, Atholton High School;
- Family Friendly Business Award: **Dick's Sporting Goods**, who partners with Rec and Parks to keep youth sports affordable;
- Outstanding Youth Award: **Brian Katz**, a high school student who started a computer tutoring program at the Grassroots Homeless Shelter;
- The O'Donnell Family Award for Service to Children: **Paul Revelle**, a Court Appointed Special Advocate who volunteers his time to mentor and advocate for children in the foster care system.

Ask Joan

Our Technical Assistance Specialist, Joan Johnson, is a fantastic resource for questions or concerns you may have about running your business, regulations, marketing, training, accreditation...the list is endless! If you have a question you'd like answered, please contact Joan: jmjohnson@howardcountymd.gov or 410-313-1432.



Is there any real value to Circle Time for young children? Yes, circle time can be a valuable experience for young children if it's approached in a developmentally appropriate manner. In order for children to benefit, it is important for you to plan age-appropriate activities that meet the individual and cultural needs of the children in your program. Activities should be engaging and meaningful. You should also plan for a balance between movement and quiet activities. Children shouldn't be expected to sit quietly for long periods of time. Remember that the attention span of a two year old is 5 - 8 minutes long, and 8 - 10 minutes long for a three or four year old. Two short circles often work better than one long one.

Playing with Blocks

Building with blocks is one of the most valuable learning experiences for young children. This open-ended activity stimulates learning and provides hours of enjoyment for children of all ages. Children progress through various stages of block play and learning as they grow.

At age 2, children carry the blocks around, learning how to hold onto them, how heavy they feel, and how they sound. They build simple towers and knock them down. Early play includes laying blocks side-by-side or end-to-end. With experience, 3-year-olds construct simple enclosures that resemble rooms, pens, or yards. They make bridges by standing two blocks upright and placing a third across the top. At age 3, they usually play alone or near other children, but rarely in a cooperative way. They begin to name their constructions as they build.

Four-year-olds combine enclosures and bridges to make more complex buildings. They use their constructions for dramatic play with figures of people, animals, and cars. They create more patterns and symmetry, and begin to share ideas and build with others. By age 5, children are building elaborate structures with details like ramps and doors. They plan systematically, deciding in advance what they will build. They may use crayons or other materials to add details, and with an adult's help, they may make written labels for their buildings.

Block play helps children learn new skills across all of the developmental domains:

- Physical development: block play enhances large and small muscle control. It provides opportunities for the development of eye-hand coordination, perceptual,

and sensory-motor development.

- Social-emotional development: children find comfort in the familiarity of playing with blocks. This form of play also helps boost self-confidence, providing a sense of accomplishment and control. Children can experiment with roles and situations, pretending to be a conductor for a train they just built, or working out the stress of a hospital visit by building and playing with a block hospital.
- Intellectual Development: block play develops many math skills, such as classifying, sequencing, patterning, counting, and working with spatial relationships. Problem solving, making predictions and comparisons, and experimenting with gravity, balance, and cause and effect happen naturally.
- Language: Vocabulary develops as children talk about what they are building and engage in pretend play with their constructions. Even reading readiness skills are developed through the visual discrimination that takes place as children choose which blocks to use based on the appearance of the existing structure.

For tips on how to encourage creative block play, and ways to provide the experience of building with blocks without the expense of purchasing a set of wooden blocks, see the PAT Learning Activity on page 4.

Save the Date:

7th Annual Director's Conference

Mark your calendar! Our annual conference for directors, owners, and senior staff of child care centers will be held on October 27, at the Gary J. Arthur Community Center in Glenwood. This year's conference will focus on *Maryland Excels*, MSDE's planned Quality Rating Improvement System. MSDE staff members will be on hand to answer your questions.

A registration form for the conference will be included in the next issue of the Nest, or you can call 410-313-1940 to request one beginning August 15.

REGISTER FOR CLASSES ONLINE - IT MIGHT BE FREE!

To celebrate the 50th issue of the Nest, we will be refunding the 50th **online** registration we receive each month during July, August, and September. To register for workshops online, just visit www.howardcountymd.gov/children and click on Register Online for Training Courses. We'll refund the entire amount of the 50th online registration, whether it's for one \$10 class or for \$200 worth of classes!



Community Notes

Reminders from the Office of Child Care

The MSDE Office of Child Care is pleased to announce a new online compliance site, known as Check Child Care Maryland. The site, which features child care provider information as well as child care inspection results, may be accessed at www.checkccmd.org. Also, please remember that you must stay inside the residence while children are sleeping. You may not go outdoors with some of the children while infants sleep inside. Monitors may not replace the frequent required checks. Please contact your OCC Licensing Specialist for more information on regulations, 410-750-8771.

Family Providers: Sign Up for our E-mail List!

Lacey Tsonis, our Training Specialist, is creating a Family Provider E-mail List. She will use it to publicize new training opportunities before they are published in the Nest, or to help explain how regulation changes may affect family providers. Contact info will never be shared with any other organization. All family providers are welcome to join, whether they are registered in Howard County or in another jurisdiction. To sign up, please e-mail Lacey at ltsonis@howardcountymd.gov - just include your name, e-mail address, county of registration, and confirm that you are a family provider.

Take Your Training Classes for Free!

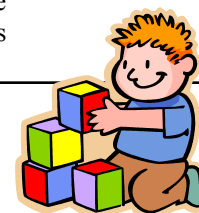
The Maryland Child Care Credential program recognizes providers who go beyond State licensing requirements. Credential participants receive up to \$400 worth of training vouchers each year, as well as bonus payments from MSDE of \$200 - \$1500, depending on your level. For more information on using your vouchers or applying for the Credential, contact Joan Johnson, 410-313-1432 or jmjohnson@howardcountymd.gov.

2011 Parent's Guide to Howard County

The 2011 Parent's Guide is now available! This handy guide is a great resource for information on local programs, agencies, and services. Call 410-313-1940 to request a printed copy, pick one up at your local library branch, or download the entire guide as a PDF file at www.marylandfamilymagazine.com/resources/

News from MSDE's Credentialing Branch

Effective immediately, providers in the Maryland Credential program will receive 1 Professional Activity Unit (PAU) for attending local conferences, 2 PAUs for State conferences, and 3 PAUs for National conferences. PAUs are awarded in addition to any training hours



Learning Activities

The Parents as Teachers Program is part of the Office of Children's Services. PAT Parent Educators visit families in the program to teach them about child development, parenting skills, and learning activities so they can be their child's first, best teacher. At each visit, the PAT Parent Educator shares information about the child's current stage of development and suggests easy, inexpensive activities using materials already around the house. The Parent Educator emphasizes why the activity is important, how it helps the child's development, and what the parent can observe about the child.

These activities would be a great addition to any child care program - it's always nice to have new, inexpensive ideas to help the children learn. We'll print a new PAT activity for you in each issue!

Bunches of Blocks!

developmentally appropriate for ages 2 and up

Block play teaches lessons that are fundamental to the growth and development of children. It is an activity that should be part of every child's experience throughout their early years.

Tips to Encourage Block Play

- Provide the materials, space, and time children need for building. Try to find an out-of-the-way place so that children can leave their structures standing. This allows them to add to it and develop extended play around it.
- Show genuine, meaningful interest. Point out specific details and comment on the child's thought and creativity.
- Allow the child to take the lead in building: offer suggestions, not directions.
- Gather stuffed animals and objects of various sizes. Help children guess whether they will fit in, on, or under a structure. Have them test their guesses.
- Help children compare two different structures in terms of size, strength, and stability.
- Add other props, such as strings, small people, or animals. Encourage children to think of other things to add to their pretend play with blocks.

Creative, Lower-Cost Options

- Offer a variety of building materials. A large set of traditional wooden blocks can be out of the price range of smaller child care programs. Other possibilities include boxes, cups, pots, cans, cardboard pieces, and empty containers.
- Gather interesting scrap-wood shapes. Older children can help sand rough edges. Children can paint and glue scraps together for permanent designs.
- Stuff paper bags of any size with crumpled newspaper, then fold and tape the bags closed. These make great walls for forts and houses.
- Show children how to roll a sheet of newspaper tightly from corner to corner, taping the edges to form a skinny cylinder. Make 20 to 30 and encourage children to build with them by taping them to the floor and to each other.
- Save household materials to use in building play: large and small milk cartons, margarine tubs, empty diaper-wipe tubs, cereal boxes, empty cans, and styrofoam trays are great materials for creative construction.

Howard County Office of Children's Services Training Calendar

**July
August
September
2011**

- Pre-registration and payment are required in advance for all classes.
- Register online at www.howardcountymd.gov/children, or by mail or phone.
- A complete list of Registration Policies and Procedures is on page 11. For general information about workshops, please call us at 410-313-1940.

July 2011

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

new!

How to Talk So Parents Will Listen

Wed. July 6 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs COM Ages: All
\$20 Instr: L. Tsonis Location: OCS

Learn how to establish relationships and work effectively with parents, even the most difficult ones! Welcome every family into your program, prevent problems, overcome adversity, and enhance the child care/family connection.

new!

Baby Talk: Early Language Development

Thurs. July 7 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs CUR Ages: I/T and PS
\$20 Instr: D. Wood Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Discuss normal milestones of language from birth to age 3, and how language is "caught" by providing a rich verbal environment, not "taught" in carefully laid-out lessons.

45 Hour Administrative (Director's) Certificate

This series is designed for child care professionals currently in or seeking leadership positions. Major concepts of child care administration and management to support effective licensed center-based or family child care programs will be covered. This course satisfies the requirement of 3 semester hours or the equivalent of approved administrative training.

The series will meet every Tuesday evening from August 30 to December 6 at the Gateway Building in Columbia. Cost is \$250. For more information or to register, call Lacey Tsonis, 410-313-1923.

Learn how to use conversation, books, nursery rhymes, and sign language to help very young children communicate.

Medication Administration

Sat. July 9 8:30 - 3:00 pm ALL Levels
Core Credit: 6 hrs HSN Ages: All
\$50 Instr: C. Fleming Location: OCS

This MSDE-designed workshop will teach how to administer medication to children. Learn how to give oral, topical, inhaled, and emergency medicines to infants and children; how to keep accurate records; regulations for hygiene, safety, and measurement. Bring a bagged lunch. Class begins with a brief quiz on basic math and English reading skills that you must pass in order to stay for the class; if this is a concern, call 410-313-1923 to discuss.

Medication Administration will also be offered on the following days during this quarter:

- Thurs. July 14, 9 - 3:30
- Sat. Aug. 27, 8:30 - 3
- Sat. July 23, 8:30 - 3
- Sat. Sept. 3, 8:30 - 3
- Thurs. Aug. 4, 9 - 3:30
- Sat. Sept. 24, 8:30 - 3
- Sat. Aug. 13, 8:30 - 3

Please use the enclosed registration form (or register online) and indicate the date of the session you'd like. All sessions are the same as the above description.

Community Resources in Howard County

Mon. July 11 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs COM Ages: All
\$15 Instr: Staff Location: OCS

Do you know how to connect your families to important agencies that can help in a crisis? Have you explored the resources available at your local library? Where can you go for assistance when faced with challenging behaviors? Learn more about local, state, and federal organizations that can assist you and your families.

Taxes & Business Record-Keeping for Family Providers

Tues. July 12 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs PRO Ages: All
\$20 Instr: C. Goldsborough Location: OCS

Tax season will be here again before you know it! Get organized early - learn the basics of financial planning strategies that are appropriate for family providers.



Register online! www.howardcountymd.gov/children

Infant/Child and Adult CPR Certification

Sat. July 16 9 am - 12 noon ALL Levels
 Certification Only (no Core of Knowledge credit)
 \$40 Instr: PPM Location: OCS
 Acceptable for licensing, certified by the American Heart Association, and good for two years.

First Aid Certification

Sat. July 16 12:30 pm - 4:30 pm ALL Levels
 Certification Only (no Core of Knowledge credit)
 \$40 Instr: PPM Location: OCS
 Acceptable for licensing, certified by the American Heart Association, and good for two years.

Where Conversation Leads

Mon. July 18 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs (1.5 CUR + 1.5 CD) Ages: PS
 \$20 Instr: S. Peyser Location: OCS
 Oral language is an important part of literacy development! Conversation builds listening and speaking skills. Learn how oral and written language skills are connected, and how to support them with your daily routines.

Recognizing and Reporting Child Abuse

Wed. July 20 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs (2 HSN + 1 COM) Ages: All
 \$10 Instr: C. Lunn Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn how to recognize signs of abuse, and how to report suspected abuse in Howard County. Discuss ways you can help prevent abuse in your community.

new! Ages & Stages: Child Development Birth to Age 3

Thurs. July 21 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs CD Ages: I/T
 \$20 Instr: D. Wood Location: OCS

Every child passes through a typical course of development. Discuss the children in your care as you follow the sequence of stages from birth through age 3. Includes potential difficulties and the ideal caregiver role.

FCCP: Community Module (Planting the Seed)

Tues. July 26 5:45 - 9:45 pm Initial Training
 Core Credit: 4 hrs COM Ages: All
 \$20 Instr: C. Goldsborough Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

This workshop will focus on developing and maintaining relationships with children, families, and the community.

Mix It Up: Working with Mixed Age Groups

Wed. July 27 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs (1.5 CD + 1.5 CUR) Ages: All
 \$20 Instr: C. Bethke Location: OCS

This class includes 3 hours in the area of Working with Mixed Age Groups.

Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules, and meet the needs of each child.

new!**Summer Literature and Activities**

Thurs. July 28 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs CUR Ages: PS/SA
 \$25 Instr: D. Bures-Walker Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Sunshine, no school, heat, laziness, swimming, beach, free time, lemonade, reading, baseball, thunderstorms, 4th of July, vacations! Come and discover how to use these images to create learning experiences for your children.

August 2011

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

new!**Ants in Their Pants!**

Mon. August 1 6:30 - 9:30 pm ALL Levels
 Core Credit: 3 hrs (2 CD + 1 SN) Ages: PS
 \$20 Instr: J. Lentz Location: OCS



Sunup to sundown, "extra-busy" children have an endless supply of energy and remain on the move throughout the day. This workshop offers tried and true techniques to help caregivers and parents provide the best support to active learners, so they can thrive in care and at home.

Project Security Blanket

2 Tuesdays, Aug 2 & 9 6:30 - 9:30 pm ALL Levels
 Core Credit: 6 hrs (3 PRO + 3 HSN) Ages: All
 \$15* Instr: J. Johnson Location: OCS

This workshop meets the 6-hour COMAR requirement effective July 1, 2010, for centers, family providers, and family child care applicants. Participants must attend both evenings to receive credit.

Develop a comprehensive plan to follow when a disaster occurs. Natural disasters, medical emergencies, technological hazards, and family/community concerns (disgruntled parents, missing children) will be covered. Ensure that your plan addresses special needs, notifying parents, sheltering, evacuation, and other possibilities!

FCCP: Professionalism Module (Keeping It Real!)

Wed. August 3 5:45 - 9:45 pm Initial Training
 Core Credit: 4 hrs PRO Ages: All
 \$20 Instr: C. Goldsborough Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

Explore and understand specific concepts and practices that will lay the foundation for a successful program, including supervision, abuse/neglect, appropriate guidance, record keeping, marketing, contracts, and policies and procedures.

Curriculum Open House

Thurs. August 4 5:30 - 7:30 pm Center Staff Only
Core Credit: None Free Location: OCS

Get a look at the MSDE-approved curriculum kits required for accredited centers and preschools. OCS staff will be there to answer your questions. Register for this class only if you would like to receive Professional Activity Unit credit; otherwise, feel free to drop in.

FCCP: Child Development Module (*Baby to Bigger Steps*)

Mon. August 8 5:45 - 9:45 pm Initial Training
Core Credit: 4 hrs CD Ages: All
\$20 Instr: S. Peyser Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

This workshop covers basic child development concepts including stages of growth and development, leading child theorists, and an overview of learning theories.

FCCP: Special Needs Module (*Making it Work for All*)

Wed. August 10 5:45 - 9:45 pm Initial Training
Core Credit: 4 hrs SN Ages: All
\$20 Instr: J. Lentz Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

Basic concepts of inclusive care for family providers. Topics include the Americans with Disabilities Act and how it applies to child care, plus health, behavioral, and developmental issues that must be addressed.

Reading Aloud: Books Are Fun!

Thurs. August 11 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (2 CUR + 1 COM) Ages: PS
\$20 Instr: S. Peyser Location: OCS

Reading aloud is a great way to support language and literacy development, and an opportunity to build relationships with young children. Learn how to select appropriate books for children in your care, and actively engage them in the read-aloud process.

**FCCP: Curriculum Module (*Planning for Success!*)**

Mon. August 15 5:45 - 9:45 pm Initial Training
Core Credit: 4 hrs CUR Ages: All
\$20 Instr: C. Goldsborough Location: OCS

Participants will gain a better understanding of the components of a family child care curriculum, how to create a developmentally appropriate curriculum, and how to plan and design a family child care home.

new!

Puppets as Teachers' Assistants

Tues. August 16 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs CUR Ages: PS/SA
\$20 Instr: E. Stinchcomb Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Could you use an extra hand in your program to teach skills from a different perspective? Use your own hands to make puppets come alive, and then leave the teaching to them!

Make some creative puppets, get practical instruction about effective use, and try your hand at developing simple skits.

SIDS: Sudden Infant Death Syndrome

Wed. August 17 6:30 - 8:30 pm ALL Levels
Core Credit: 2 hrs HSN Ages: I/T
\$10 Instr: C. Lunn Location: OCS

A SIDS class is required for family child care applicants and for any family provider seeking to become licensed for infant care.

SIDS is the sudden, unexplained death of a healthy infant under 12 months. The cause of SIDS is unknown, but there are ways to make babies in your care safer.

FCCP: Health & Safety Module (*Keeping Kids Fit & Safe*)

Thurs. August 18 5:45 - 9:45 pm Initial Training
Core Credit: 4 hrs HSN Ages: All
\$20 Instr: M. Conway Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

Learn the basic concepts of health, safety, and nutrition for family care programs. Topics include emergency preparedness, menu planning, and specific issues of concern for the health and safety needs of young children.

Infant/Child and Adult CPR Certification

Sat. August 20 9 am - 12 noon ALL Levels
Certification Only (no Core of Knowledge credit)
\$40 Instr: PPM Location: OCS

See description on page 6.

First Aid Certification

Sat. August 20 12:30 pm - 4:30 pm ALL Levels
Certification Only (no Core of Knowledge credit)
\$40 Instr: PPM Location: OCS

See description on page 6.

45-HR INFANT AND TODDLER: METHODS AND MATERIALS

This course introduces the major concepts, theories, principles, and research related to the development and care of children birth to age 3. Participants will learn how to create a safe and healthy environment while developing appropriate interaction and communication skills that will assist with learning and development. This class satisfies the regulation for family providers wishing to care for more than 2 infants/toddlers.

The series meets most Wednesday evenings from August 24 to December 7 at the Gateway Building in Columbia. Cost is \$225. For more information on this class, or to register, call 410-313-1940.

Physical Development for Preschoolers: MMSR Domains

2 Mondays, Aug. 22 & 29 6:30 - 9:30 pm ALL Levels

Core Credit: 6 hrs (4 CUR + 2 CD) Ages: PS

\$20* Instr: C. Bethke Location: OCS

Participants must attend both evenings to receive credit.

Physical development is an essential part of a child's well-being. Learn exciting ways to help children develop gross motor skills, which help a child to control, balance, and coordinate movement, and fine motor skills, which lay the foundation for writing, artistic expression, and self-care.

Introduction to the Maryland Credential

Tues. August 23 6:30 - 8:30 pm ALL Levels

Core Credit: 2 hrs PRO Ages: All

\$10 Instr: J. Johnson Location: OCS

If you work with children in a licensed/registered program, you are eligible to participate in the Maryland Credential. Learn about the many benefits of the program - bonus money, training incentives, and college scholarships.

Infant/Toddler Module 1: Prenatal Development

Wed. August 24 6:30 - 9:30 pm ALL Levels

Core Credit: 3 hrs CD Ages: I/T

\$20 Instr: L. Tsonis Location: Gateway 303

This class may be taken individually or as part of the 45-Hour Infant Toddler Methods and Materials course. If you want to sign up for the full 45-Hour course, call Lacey at 410-313-1923. This class includes 1 hour in the area of Working with Mixed Age Groups.

Learning begins at birth, but what happens prior to birth has a profound impact on a child's development as well. Learn how prenatal growth affects a child throughout life, and how to support expectant mothers and fathers in your program.

new!**Introduction to Inclusion**

Thurs. August 25 6:30 - 9:30 pm ALL Levels

Core Credit: 3 hrs (2 SN + 1 PRO) Ages: All

\$20 Instr: Project ACT Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn more about including children with special needs in your program. Review civil rights laws that protect people with disabilities, and how they affect the child care setting. Discuss ideas for adapting your learning environment to

accommodate children of varying abilities, and how these adaptations benefit children and families.

new!**Fun, But Not Too Messy Art**

Tues. August 30 6:30 - 9:30 pm

ALL Levels

Core Credit: 3 hrs CUR

Ages: PS/SA

\$25 Instr: D. Bures-Walker Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

If beauty is in the eye of the beholder, then art is in the hands of the creator. Children love the process of creating art and aren't as concerned about the finished product. Learn about the difference between product and process art, and create some process art yourself!

Infant/Toddler Module 2: Growth and Development

Wed. August 31 6:30 - 9:30 pm ALL Levels

Core Credit: 3 hrs CD Ages: I/T

\$20 Instr: L. Tsonis Location: Gateway 303

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn the stages and milestones of infant and toddler growth and development, and how to meet the needs of individual children as they progress. Review receptive and expressive language, behavioral issues, and brain development.

September 2011

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Infant, Toddler, and Preschool Sign Language

Tues. September 6 6:30 - 8:30 pm ALL Levels

Core Credit: 2 hrs (1 CD + 1 COM) Ages: I/T, PS

\$30 Instr: Signing Families Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn fifty common signs to help children communicate

HEALTHY BEGINNINGS

MSDE's *Healthy Beginnings* is a resource to help you nurture the tremendous potential for learning that every child is born with. It is intended for use by anyone who lives or works with infants or young children - families, child care providers, special educators, etc. *Healthy Beginnings* is organized by age and developmental domain (Personal and Social, Cognitive, Language, and Physical Development). By identifying behaviors or actions a child is already displaying, you can use the activities and examples in *Healthy Beginnings* to support each child's progress, regardless of chronological age. This is a 12-hour series, divided into 2 workshops over 4 evenings. You must attend all four classes.

Total Core Credit is 12 hours (3 COM + 1.5 PRO + 4.5 CUR + 2 CD + 1 SN). Cost for the series is \$75, which includes books and materials. Classes meet in Room 240.

Module 1 Sept. 6 & 13, 6:30 - 9:30 pm

Get to know *Healthy Beginnings* and how to use it as a child development tool. Make connections between this developmental guide and the Maryland Model for School Readiness.

Module 2 Sept. 20 & 27, 6:30 - 9:30 pm

Start using *Healthy Beginnings* as a tool for creating and planning a program for infants and toddlers. Examine environment, planning, assessment, and working with families in the process of understanding how to use the tool as a planning support.

Register online! www.howardcountymd.gov/children

before they can speak. Signs will be offered in developmental order to help you communicate, reduce the incidence of tantrums and frustration, and expand children's vocabulary. Learn a few signs to accompany Spanish, too! Price includes a DVD to take home.

new!**Healthy Beginnings**

4 Tues: Sept. 6, 13, 20, 27 6:30 - 9:30 pm ALL Levels
Core Credit: 12 hrs (see page 8) Ages: I/T
\$75 Instr: J. Johnson Location: Extension
See description on page 8. Participants must attend all 4 evenings to receive credit. Price includes books & materials.

Infant/Toddler Module 3: Routines

Wed. September 7 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (2 CUR + 1 CD) Ages: I/T
\$20 Instr: L. Tsonis Location: Gateway 303

This class includes 1 hour in the area of Working with Mixed Age Groups.

Discuss appropriate routines and activities that take into account individual needs, skills, and interests of each child. Learn how to plan for mixed age groups, ensure home and program routines are complementary, and how the role of primary caregiver helps social and emotional development.

Infant/Toddler Module 4: Working with Parents

Wed. September 14 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (2 PRO + 1 COM) Ages: I/T
\$20 Instr: L. Tsonis Location: Gateway 303

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn about the needs of parents of infants and toddlers, and how to build trusting partnerships with families. Discuss developmental needs of first-time and experienced parents, how to get them involved in your program, share milestones, and handle different parenting styles.

Infant/Child and Adult CPR Certification

Sat. September 17 9 am - 12 noon ALL Levels
Certification Only (no Core of Knowledge credit)
\$40 Instr: PPM Location: OCS
See description on page 6.

First Aid Certification

Sat. September 17 12:30 pm - 4:30 pm ALL Levels
Certification Only (no Core of Knowledge credit)
\$40 Instr: PPM Location: OCS
See description on page 6.

Play: A Young Child's Work

Mon. September 19 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR) Ages: PS
\$20 Instr: S. Peyser Location: OCS

This class includes 2 hours in the area of Mixed Age Groups.

Children learn through play, so adults need to know how to nurture, facilitate, and encourage it! Learn why play is important, how it can promote literacy, adults' roles in play, and how you can create social settings to encourage literacy and play.

**new!****Big Anxiety, Small Child**

Tues. September 20 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (2 SN + 1 CD) Ages: PS
\$20 Instr: E. Stinchcomb Location: OCS

Explore some of the common anxiety issues in preschool-aged children, and match them with resources that can help. Proper early intervention can be key to helping a child build the necessary resilience to avoid more serious, long-term problems with anxiety later in life.

Infant/Toddler Module 5: Nutrition

Wed. September 21 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs HSN Ages: I/T
\$20 Instr: L. Tsonis Location: Gateway 303

This class includes 1 hour in the area of Working with Mixed Age Groups.

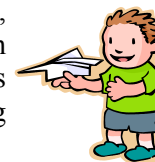
Encouraging healthy eating habits is critical to healthy development. Get tips on communicating with parents about nutrition, and have fun with healthy cooking projects. Discuss how poor nutrition contributes to health conditions, exposing children (and parents) to healthy food choices, dealing with food allergies, and handling picky eaters.

new!**Little Boy Blues**

Thurs. September 22 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs (2 CD + 1 CUR) Ages: All
\$20 Instr: Project ACT Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn about the particular struggles boys face, and the biological and social influences which contribute to those issues. Explore strategies that can positively impact the success of young boys in early childhood settings.

**Positive Discipline: Making It Work for Everyone**

Mon. September 26 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs CD Ages: PS
\$20 Instr: C. Bethke Location: OCS

We've all experienced power struggles or frustration with a child's challenging behavior. Is your discipline method working for you? Do all children respond to positive discipline? Find out what works and why.

Infant/Toddler Module 6: Health

Wed. September 28 6:30 - 9:30 pm ALL Levels
Core Credit: 3 hrs HSN Ages: I/T
\$20 Instr: L. Tsonis Location: Gateway 303

This class includes 1 hour in the area of Working with Mixed Age Groups.

Gain insight into many current health issues affecting infants and toddlers. This class covers common illnesses, communicable diseases, and required vaccinations.

Training Requirements

Family Child Care - New Applicant

- All 6 4-hour Initial Training Modules
- 6-hour class in Emergency and Disaster Preparedness
- Infant/Child/Adult CPR Certification and First Aid Certification
- SIDS: Sudden Infant Death Syndrome

For more information on the Initial Training Series and a schedule of when it is offered, please call 410-313-1940 or visit www.howardcountymd.gov/children. For information on Orientation classes and other licensing requirements, call OCC at 410-750-8771.

Family Child Care - First Renewal Year:

- 3 hours training in each of 4 areas: Child Development, Mixed Age Groups, Health/Safety/Nutrition, Emergency Preparedness
- 6 additional hours of approved training in any area
- current First Aid and CPR certifications

For more information on training requirements, call your OCC Licensing Specialist, 410-750-8771.

Family Child Care - After First Renewal:

- 6 hours training in Training Track I: Core of Knowledge or Track II: Administrative
- 6 additional hours of approved training in any area
- current First Aid and CPR certifications

For more information on training tracks and requirements, call your OCC Licensing Specialist, 410-750-8771.

Child Care Center Staff

For current staff staying in the same positions:

- Aide/Assistant 6 hours per year
- Child Care Teacher 12 hours per year
- Child Care Director 12 hours per year

New hires and staff moving to new positions are subject to additional requirements. Please contact Joan Johnson, Technical Assistance Specialist, for information on specific requirements for each position: 410-313-1432 or jmjohnson@howardcountymd.gov.

Grants and Financial Assistance

Grant Funding Keeps Our Prices Low: Many of our workshops are offered at a reduced cost thanks to grants from MSDE and MFN. Grant-supported workshops are indicated by an asterisk (*) next to the price. Other financial assistance opportunities include:

The **Family Child Care Provider Grant Program** offers up to \$500 for training fees and start-up costs. Call your OCC Licensing Specialist at 410-750-8771.

Scholarships may be available for eligible Howard County residents through a partnership with Howard Community College. Scholarship opportunities include the 54-hour MMSR series and Family Child Care Initial Training. Call 443-518-4049 for information.

If you have been in the child care field for at least 1 year, you can begin working towards the **Maryland Credential**. Credentialed providers can receive cash bonuses and up to \$400 per year for training reimbursements. Call 410-313-1432 for information.

Training Classes are Tax Deductible: Training costs can be listed as tax deductions on your federal and state income taxes.

Training Calendar Codes

Workshop Locations: Most classes are in our OCS training room, but sometimes we use other spaces.

OCS: 3300 N. Ridge Rd., Suite 360, Ellicott City

Bain Center: 5470 Ruth Keeton Way, Columbia

Gateway 303: 6751 Columbia Gateway Dr., Room 303, Columbia

Extension: 3300 N. Ridge Rd., Suite 240, Ellicott City

Core of Knowledge Codes:

CD: Child Development

COM: Community

CUR: Curriculum

PRO: Professionalism

HSN: Health/Safety/Nutrition

SN: Special Needs

Ages: Each workshop covers material that applies to different ages of children. The Ages code indicates the ages that will be covered:

I/T: Infant and Toddler

PS: Preschool

SA: School Age

All: All Ages are included

Workshop Levels: A few workshops are intended for providers with specific levels of experience: **ALL** (All providers are welcome); **Initial Training** (Required for Family Care Applicants); **Beginning** (providers with 1 year or less of experience); **Intermediate** (a few years of experience); and **Advanced** (in the field for several years).

Howard Community College Courses

HCC offers credit and non-credit classes for child care professionals, including the 45- and 90-hour classes required for some center staff. Classes are offered at the HCC campus in Columbia and at the Laurel College Center. For information on upcoming credit and non-credit classes, see www.howardcc.edu. Scholarships are available in some cases; call Kristin Navarro at 443-518-4049 for more information.

Child Care Certification II: Curriculum	ONLINE	7/6/11 - 8/17/11
School Age Child Care: Curriculum	ONLINE	7/6/11 - 8/17/11
Child Care Certification II: Curriculum	TWTh	7/19/11 - 8/25/11
Communication Skills - Child Care	Th	7/28/11 - 8/11/11
Child Care Certification I: Growth & Dev	MWF	9/19/11 - 10/28/11
Child Care Certification I: Growth & Dev	ONLINE (W)	9/7/11 - 10/19/11
School Age Child Care Curriculum	call for schedule	
Communication Skills	call for schedule	
English for Child Care Providers	call for schedule	

HCC also offers scholarships for Howard County residents who apply for college credit or noncredit coursework and textbooks for the 90-hour Preschool and the 45-hour Infant/Toddler or School Age Certifications. Call 443-518-4049 for more information.

Registration and Participation Policies

- **Registration is on a first-come, first-served basis.** Confirmation notices will be e-mailed to those who pre-register. If you do not receive a confirmation email, please contact 410-313-1940 to confirm that your registration has been received.
- **Pre-registration is required** for all workshops. We must receive your registration before the workshop date. **Same-day registrations** may be accepted by phone before 4 pm on the day of the workshop if space permits; call for information on space availability. Same-day registrations will be charged a \$10 fee in addition to the cost of the class. **Walk-ins will not be accepted.** Please do not expect to walk-in to any workshop unless your attendance was approved by OCS staff before 4 pm.
- **Payment Types and Fees:** You may register online (credit cards only), by phone (credit cards only), by mail (credit card, check, or money order), or in person at our office (credit card, check, money order, or cash). Credit card charges will appear on your statement as Howard County Gov. There is a \$25 service fee for returned checks. A service fee will be applied to all refunds with the exception of those due to OCS cancellation.
- **Change or Cancellation of a Class & Refund Policy:** If you cannot attend a workshop you have registered for, notify us at least 24 hours in advance in order to receive credit for a future workshop. Credits will expire 12 months after they are created. Refunds will not be given unless OCS cancels the workshop. OCS reserves the right to change the location or instructor of a workshop when necessary. If a workshop is cancelled due to weather, instructor illness, etc., participants will be notified by phone by 3 pm the day of the workshop. When the weather is in question, call 410-313-1767 to learn the status of the workshop. If possible, we will reschedule the class and make an attempt to notify all registered participants by phone and/or e-mail.
- **Late Arrival to Workshops:** Workshops begin at the time stated in the calendar. Plan to **arrive 10 – 15 minutes early** to sign in. If you arrive after the workshop begins, you may stay for informational purposes only. You will not be eligible for a certificate, a refund, or credit for the workshop cost. Instructors may choose to deny entrance to participants who arrive after the class begins.
- **Assessments and Certificates:** Trainers will administer assessments in written or verbal form at each workshop. **Certificates will be mailed to participants** after their assessment scores have been validated, usually within two weeks. No certificates will be distributed at trainings. All workshops are open to the public and are approved by OCC under training license CKO-3733.
- **Replacement Training Certificates** must be requested in writing and a \$5 fee per certificate will be charged.
- **Workshops are designed for adults only;** please make proper child care arrangements in advance.
- **Need special accommodations?** Call 410-313-1940 in advance if you will need assistance at the workshop.

Office of Children's Services Workshop Registration Form

or register online at www.howardcountymd.gov/children

Name		Mailing Address (must match your credit card billing address)	
Daytime Phone		Street Address:	
Email Address (confirmations are emailed)		City, State, Zip:	
Date of Birth		Date of Birth	
<input type="checkbox"/> Family Child Care		<input type="checkbox"/> Center/Preschool: _____	
<input type="checkbox"/> Parent		<input type="checkbox"/> Head Start	
		<input type="checkbox"/> Other: _____	
Date of Workshop	Title of Workshop	Cost of Workshop	
Payment By Check or Money Order Enclose your check or money order made out to Director of Finance.		Payment By Credit Card Card Number: _____ Expiration Date: ____ / ____ Name on Card: _____ (Billing address must match your mailing address above.)	
		Total Payment \$ _____ Mail to: Howard County OCS 3300 N. Ridge Rd. Suite 380 Ellicott City, MD 21043	

**Howard County Office
of Children's Services,
Part of the Department
of Citizen Services**

3300 N. Ridge Rd Ste. 380
Ellicott City, MD 21043
Phone: 410-313-1940
www.howardcountymd.gov/children

Email: childcare@howardcountymd.gov

Open 8:00 to 5:00
Mon - Fri



Member agency of the Maryland Child Care Resource Network with funding provided by the Maryland State Department of Education

The Nest is published quarterly by the Office of Children's Services. Please feel free to copy and distribute this publication. Available in alternative formats upon request.

Need help with a child in your care? Get help from **The CARE Center**

The CARE Center can help you work with children in your child care program who are having behavioral or emotional difficulties. Learn how to help a child who:

- seems anxious or fearful
- has problems sharing
- bullies or bites other children
- has trouble following directions
- is hard to soothe or comfort
- has trouble forming relationships



CARE Center services for child care professionals can include:

- Advice and resources by phone
- Support and intervention for you and the child's family
- On-site observation and consultation for challenging behaviors
- On-site training for program staff or reduced-cost training for family providers
- Specialized services for Spanish-speaking children and families

410-313-CARE (2273)

The Nest and Training Calendar - July, August, September 2011



Howard County Office of Children's Services
3300 N. Ridge Rd., Suite 380
Ellicott City, MD 21043

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